



Spring has sprung once again, and another Bruce County winter has come and gone. I kept myself busy this winter going to several continuing education courses, including the Healthy Breast Teacher Training Program, and Cosmetic Acupuncture and Non-Surgical Face Lifting. Since spring is the perfect time to renew ourselves after the winter, this issue includes articles on cosmetic acupuncture, stress relief, and the benefits of green tea. Enjoy the sunshine!

Treat Yourself to a Facial Tune-up with Cosmetic Acupuncture

Would you like to have healthier, younger looking skin safely, painlessly and without drugs or surgery? Cosmetic acupuncture face lifting can do just that...



The Chinese have known for over 3000 years that acupuncture and good lifestyle choices can improve overall health and produce a more youthful appearance. A "cosmetic acupuncture face lift" helps increase circulation and stimulates collagen production in the face. The skin becomes nourished, oxygenated and moisturized, creating a natural tightening of the facial muscles. This can reduce the signs of aging by revitalizing the skin and providing a healthy, glowing complexion. Cosmetic acupuncture can help reduce or eliminate the following:

- Fine lines/ wrinkles
- Drooping eyelids
- Puffy eyes
- Frown lines
- Dark circles under eyes
- Sagging skin

A 1996 report in *The International Journal of Clinical Acupuncture* reported that among 300 cases treated with cosmetic acupuncture, 98% had marked effects after one course of treatment. The effects included: tighter skin, less defined wrinkles, a rosier complexion, and overall rejuvenation not confined to the face.

Who Can Benefit?

Men and women in their thirties can use it as a natural way to prevent aging. People in their forties, fifties, sixties and older can use it to have younger looking skin. Cosmetic acupuncture is not a replacement for a surgical

face lift and will not provide an overnight solution. The improvements are subtle, but noticeable over time.

What do the Treatments Involve?

Tiny, sterile, disposable acupuncture needles are inserted into specific acupuncture points on the face and body. It is virtually pain-free - you may feel a momentary sting or tingling sensation, followed by a complete sense of relaxation. The treatment ends with a relaxing facial massage. In addition, dietary, supplement and skin care suggestions will be given to enhance the skin and overall health.

How Many Treatments are Required?

The course of treatment usually consists of 12 weekly sessions. Every person responds differently depending on their lifestyle, diet, and skin condition prior to treatment. Depending on the individual, more frequent sessions over a longer period of time may be necessary to observe appreciable and lasting results. With continued maintenance after the initial course of treatments, ideally once per month, the effects can be longer lasting.

Who Performs the Treatments?

As part of the four year program to become a naturopathic doctor, I studied traditional Chinese medicine, including acupuncture. Naturopathic doctors are the only health professionals regulated under their professional license in the administration of acupuncture. I have also taken additional training on the use of cosmetic acupuncture.

Contact the office to book a consultation to find out how acupuncture may be able to help you look your best.

Stay Nimble with Vitamin C

Research from the *Annals of Rheumatic Diseases* found that just a handful of strawberries or a cup of diced pineapple supplies the daily dose of vitamin C you need for healthy joints. Vitamin C works by scavenging free radicals, which are known to be produced in inflammatory conditions like arthritis. In the study, researchers found that those people who ate the least amount of vitamin C rich fruits and vegetables were three times as likely to develop arthritis. So be sure to eat those fruits and veggies!



Stress Buster Tip #1

An excess of stress hormones can reduce magnesium levels in the heart, constrict blood vessels and increase the stickiness of blood platelets and blood pressure— all of which raise the risk of heart attack. Bathing in Epsom salts, a magnesium-sulfate compound, can counter these reactions, helping to lower blood pressure, relax muscles and regulate heart and blood-vessel functioning.

Research has shown that bathing in Epsom salts at least three times a week will increase blood levels of magnesium and sulfates for about 24 hours. Sulfates aid with detoxification, and enhance proper joint and gut functioning.

What to Do:

- Pour 1 _ cups of Epsom salts (available at drug or health food stores) into bath water heated to your tolerance level. Climb in and soak for at least 12 minutes. Be sure to drink 8 oz of water during or after your bath because you'll be sweating.
- After your bath, dry off and put on cotton pajamas or a cotton robe, which will help absorb any lingering perspiration. Do something afterwards that helps to restore you, such as reading or listening to relaxing music.



Have you had your Green Tea Today?

Green tea, derived from the *Camellia Sinensis* plant, has been the most commonly consumed beverage in Asia for more than 1500 years. It has been called “Nature’s Health Secret of the Orient”. It is consumed several times a day by the Japanese, who live longer and have a decreased incidence of:

β heart disease	β diabe	β high blood
β high	tes	pressure
cholesterol	β canc	
β obesity	er	

Cancer Prevention

Scientific studies have shown that Japanese green tea reduces the risk of stomach, skin, esophageal, colon, pancreatic, breast and prostate cancer. It can also help to protect the healthy cells of the body while undergoing radiation and chemotherapy.

Probiotic (Good Bacteria) Action

Japanese green tea has a positive effect on the levels of Lactobacilli and Bifidobacteria (good bacteria), while lowering levels of pathogenic bacteria involved in pneumonia, diarrhea, dental caries, stomach ulcers, and skin infections. These probiotics, along with the enzyme activity green tea stimulates, help to aid digestion and alleviate nausea.



Skin Health

Exposure to the ultraviolet light from the sun can cause damage to the cell DNA. These defects can be inhibited and even reversed with the regular use of Japanese green tea, making it helpful with skin cancer, burns, and cuts. Its anti-aging properties can prevent and improve wrinkles and fine lines. In addition, it can promote skin healing with acne, psoriasis, rosacea, and allergic reactions.

Liver Detoxification

Japanese green tea increases glutathione, one of the liver’s main detoxifiers, and helps the body rid itself of harmful free radicals, toxins, and heavy metals that we are exposed to in our environment. Green tea also boosts the body’s ability to absorb vitamin C, which is a precursor to glutathione.

Teriyaki Tofu

This recipe tastes so great; it made a tofu convert out of my husband, Steve. It’s also easy to make, rich in cancer protecting phytoestrogens, and a low-fat source of protein. It should make tofu-lovers out of everyone!

1 lb extra-firm tofu, cut into _ inch slices
_ cup good quality tamari or soy sauce
2 tbsp fresh ginger, grated, including peel
2 tbsp fresh-squeezed lemon juice
2 tsp honey
grated rind from juiced lemon, to taste
_ cup whole wheat (or other whole grain) flour
black pepper to taste
olive oil for frying



Combine soy (or tamari), ginger, lemon juice, honey, and lemon rind in a small bowl. Place tofu slices in a single layer in a covered container and pour marinade over them. Turn to coat. Allow tofu to marinate at least 30 minutes, or up to two hours. Remove tofu and reserve marinade. Combine flour and pepper on a plate. Dip tofu slices in flour mixture, turning to coat. Brown tofu in oil, about 5 minutes per side, adding oil as needed. When all slices are browned, add reserved marinade and simmer 10 minutes. Served with brown rice and stir-fried vegetables.

Serves 4.

Source: Kofalk, H. *The Peaceful Cook*. Talking Leaves Publications, 1991.

Jennifer Haessler, ND is currently accepting new patients. Please tell a friend if you are happy with the results of your treatments.



Do you belong to a club or organization that would be interested in learning more about Naturopathic Medicine? Contact the office to book a speaking engagement.